



**Message From Our CEO**



Spring is a time for new beginnings and as we watch the sun rise earlier in the morning we too can start anew in our relationships with those around us. We have welcomed several new residents and each one brings something special to share. I hope that we as staff can create that environment which fosters creativity and inspires our residents to enjoy the important things in life.

This winter I have really missed walking around Memory Lane and checking on the progress of the roses or the new trees but I know that they will soon be coming back to life. As we celebrate this Lenten season, may we be mindful of the most important things in our life - those we eat meals with, our family, our friends, and our faith.

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We usually talk budgets, finances, and taxes in the spring, but we have to also look at Mission Week, St. Joseph's Day, and Easter.

May this year bring us new opportunities to identify with the Spirit that comes from our Mission of sharing hospitality.

*Yours sincerely,  
John McFarlane*



## Spiritual Care News

Well, here we are in lent again! Easter is coming up on March 31<sup>st</sup>. We will not have a service on Saturday March 30<sup>th</sup>, as we will be holding the Easter Mass at 3:30 pm on Easter day. Good Friday service is at 3:00 pm on March 29<sup>th</sup>.

On Tuesdays at 11 am during lent, we have been observing the Way of the Cross in the Chapel for those who follow this tradition. A fair number have been participating.

The Purpose of the Liturgical year is to create a cycle so people can connect with the important facts of their faith. The Liturgy is a teaching tool created for the sake of helping us go deeper into our Faith. The purpose of the Liturgical year is to help us remember. Its goal is not so much the keeping of the outward ritual, but to lead us inwardly to the full meaning that the Gospel has for each heart. Every person is called to know intimacy with God in our deepest heart.

Lent is a time where people have traditionally denied themselves things like meat on Fridays or sweets. The denying of things was intended to help us resolve to return to God. Lent is really a kind of 'homing' device. We are all from God. Somehow we can forget that. Lent reminds us that we may be far from home. The hymn, "Come Back to Me," is a standard. It states the fact that sometimes we drift away from the truth and we need to be reminded to return to where we come from. The homing device within us can also be experienced as a feeling of 'emptiness', a lack of meaning or a kind of longing. This is God's way of calling us out of the states of aloneness and loneliness we can get ourselves into. The emptiness is really God saying to us, "Come to me, open your heart let me tell you that you are loved and never far from me. In fact, all you have to do is open your heart sincerely and you'll see that I am right here with you."

Of course, faith is not just a solo activity. Each one's faith is made stronger by participation in the Church's rituals and high feast days. God speaks to us in our own hearts, in private and in community gatherings. We are indeed children of God.

This Easter season reminds us that the resurrected Christ is the great Hope, that we are not alone. There is a God who cares, and because of Christ's resurrection, by 'faith', we all participate in the grace of everlasting life, Christ being the first one to be born from the dead.

Easter is truly a great sign of HOPE. Let us rejoice and be glad. Let each one of us open up to the grace that comes freely from the heart of God. May the community we form in St. Joseph's Residence experience, in a renewed way, the power of Resurrection.

Happy Easter!

*Normand Blondin, Spiritual Care Coordinator.*

## Alzheimer Caregiver Support Group

Education & Support Group Meetings offer people caring for someone diagnosed with Alzheimer's disease or another dementia a chance to meet and share about their experiences. In a supportive and confidential environment, caregivers meet and discuss common concerns, exchange ideas and coping strategies, enjoy mutual support, and gain knowledge regarding the nature and progression of the disease, treatments, and community resources.

The North Winnipeg Group meets here at St. Joseph's in the Conference Room on the 2<sup>nd</sup> Tuesday of every month from 7 - 8:30 pm.  
For more information, please call 204-943-6622.

## FRIENDS OF ST. JOSEPH'S RESIDENCE 20<sup>TH</sup> ANNUAL FUNDRAISING DINNER

Friday, May 10th, 2013 at Canad Inns Garden City (2100 McPhillips St.)

Reception 6 pm, Dinner 7 pm

Cash Bar | Silent Auction | Entertainment by the D-Drifters

*For more information or to purchase tickets, (\$65 each - tax receipt issued)  
please see Linda at the front offices*

## SOCIAL HEALTH & LIFESTYLE COMMUNIQUÉ (Recreation, Rehabilitation and Spiritual Care Services)

**SPRING** is on its way! With warmer weather, our Residents will be able to have access to Memory Lane and sunshine.

Watch your calendars for events related to Mother's Day, Father's Day and the Resident/Family evening.

We look forward to organizing warm weather outings over the next few months. If you can assist us by being a volunteer for these events, please contact the Recreation Department. Your assistance is always appreciated.

*Barbara N. Little, Education and Program Manager*



Comings & Goings



Resident Birthdays

## News From Maintenance: Capital Project Updates

Well it looks like spring is just around the corner - the birds are singing, the sun is shining, and construction season is in the planning. Spring just happens be one of my favorite seasons. With the renewal of life, animals and plants come out of hibernation to regenerate for another year. It's invigorating and refreshing after the long winter.

### Project Updates:

- Maintenance has made tub replacements the top project to secure Safety & Security funding this year. This is in line with other personal care homes as well, as we are all struggling to keep the old tubs and showers running. We have also requested funding for air conditioning upgrades needed to maintain the system and meet current standards.
- The first construction project that will be starting is the Grease Trap Replacement Project. It has already been awarded to Westwood Mechanical. The parts are on order and we are looking to start with the construction of the new piping within the next four weeks. Once the piping is complete, the removal and floor patch in the kitchen will finish the project off. It's been a long struggle, but there is light at the end of the tunnel.
- In the next few weeks, we will be starting to think about gardens and planting flowers, and it's no different here at St. Joseph's. Like any home, the planters and flower beds bring enjoyment to staff and residents, and many enjoy making the grounds and courtyard beautiful for the summer.



Cheers and enjoy spring while it lasts!

*From the Maintenance Team*



THANK YOU to the Catholic Health Foundation of Manitoba for their recent grant to the Residence to complete upgrades to the audio/visual system in the chapel! This upgrade will improve the quality of life for residents with hearing impairments who partake in chapel services.

NURSING NEWS

Please be advised that Barbara Partridge has retired from her role as Director of Care at St. Joseph's Residence. She has worked in her leadership role to develop and implement the Mission and Values within all aspects of Resident Care and will be missed.

Barbara Little will be assuming the Acting Director of Care position and will be responsible for all aspects of Resident Care. Barbara has been at St. Joseph's in various roles and will bring her balanced perspective to these new duties.



Thanks to a donation from the Friends of St. Joseph's Residence, we now offer free Wi-Fi in the Front Lobby, Café area, Multi-Purpose Room, Baba's Dining Room, and in the Conference Room!

The password for access to the public network is available at the Front Desk.



REMINDER FROM FINANCE

It's that time of year again! The Provincial Government is in the process of determining daily residential rates. PLEASE SUBMIT A COPY OF YOUR NOTICE OF ASSESSMENT to front office staff as soon as you can... Thank you!

## FOCUS ON SAFETY: Preventing the Spread of Illness

As of February 27, 2013, 42 outbreaks of influenza-like illness have been reported in Winnipeg's personal care homes since the beginning of the 2012-2013 influenza season. There are steps we can all take to stop the spread of illness:

### COVER YOUR COUGH

- Cover your mouth and nose with a tissue when coughing or sneezing OR cough/sneeze into the upper sleeve - NOT INTO YOUR HANDS.
- Discard used tissues into the wastebasket.
- After coughing or sneezing, always clean your hands with soap & water or an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Do not share eating utensils, drinking glasses, towels or other personal items.
- Limit your contact with others when you are sick.

### KEEP YOUR HANDS CLEAN

Hand hygiene (washing hands properly and often) is the single most effective way to stop the spread of germs. While soap and water is best, hand sanitizers can also be used when it is not easy or convenient to do so. Hand sanitizers should NOT be used if dirt can be seen on hands - soap and water must be used instead.

#### When should you wash your hands?

- Before preparing, handling, serving or eating food
- After using the toilet
- After you cough, sneeze or blow your nose
- After touching pets or other animals
- Handwashing is particularly important if someone around you is sick.

#### Here's how to wash your hands:

- Wet your hands with water
- Add soap and rub hands together, scrubbing all surfaces for at least 15 seconds
- Rinse hands and dry them well



Don't worry if you see staff and other people wearing masks. They are simply trying to prevent the spread of germs.

SOURCE: <http://www.wrha.mb.ca/healthinfo/a-z/influenza/public.php>

**Fundraising Update**

**WALK ASSIST LIFT CAMPAIGN GOAL REACHED!**

Last year, the Friends of St. Joseph's Residence embarked on a campaign to raise enough funds to purchase a Walk Assist Lift. We had trialed one the year before, and the response to the walker was overwhelming. A number of residents who had not walked in years were able to do so with this lift. These residents experienced a better sense of wellbeing and better physical health while able to use the lift.

Thanks to a couple of very generous recent donations, the Friends now have enough to purchase the lift for our residents! The Friends would like to express their thanks for the following who contributed towards the campaign:



- St. Josaphat Council Knights of Columbus
- Fr. Shyshkowich Council Knights of Columbus
- Chevaliers de Colomb Jubinville Conseil (Lorette)
- St. Anthony of Padua Council  
Knights of Columbus
- St. Anne Council Knights of Columbus
- Beausejour Council Knights of Columbus
- Santo Condestável Council Knights of Columbus
- Fr. Michael Kwiatkowski & the  
Holy Eucharist Catholic Parish Pastoral Council  
Knights of Columbus Council #4520  
(Portage la Prairie)
- Fr. Filipow Council Knights of Columbus
- Knights of Columbus Dauphin Council #3497
- Estate of Olga Cherewyk
- Herbert Novicio
- Connie Shrimpton

The Friends would also like to thank everyone who donated towards the Nativity Campaign. Through the generosity of our many donors, the Friends raised just over \$4000!

